



10 Ways to Minimize Flu Risk

- 1) Get the seasonal flu vaccine. It won't protect you directly against the H1N1 virus, but will prevent you from getting seasonal flu, which weakens your immune system and makes you more susceptible to H1N1.
- 2) Cover your nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the trash after you use it.
- 3) Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based cleansers are also effective.
- 4) Avoid touching your eyes, nose or mouth. Germs spread this way.
- 5) Try to avoid close contact with sick people.
- 6) Keep household surfaces clean. Regularly wipe bedside tables, bathrooms, kitchen counters and children's toys with a household disinfectant.
- 7) Be prepared in case you get sick and need to stay home for a week or so. A supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items could be useful and help avoid the need to go out in public while you are sick and contagious.
- 8) Monitor your own health, especially if you're pregnant or have diabetes, obesity, heart or lung trouble.
- 9) If you are sick with a flu-like illness, stay home for at least 24 hours after your fever is gone. Keep away from others as much as possible.
- 10) If you have severe illness or are at high risk for flu complications, contact your health-care provider or seek medical care. Your health-care provider will determine whether flu treatment is needed.

Sources: U.S. Centers for Disease Control and Prevention, Ontario Ministry of Health

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